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EMPTYING THE MONEY BOX

# The Common Cause

## OF HUMANITY.

**The Organ of the National Union of Women's Suffrage Societies.**

LAW-ABIDING.] ***Societies and Branches in the Union 524.*** [NON-PARTY

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## Notes and News.

### Cholera in Europe.

Asiatic cholera is officially declared to be prevalent in Austria, where the Minister of the Interior has reported 929 cases, and to be spreading over Germany, from East Prussia and Silesia as far as Hanover in the West. The Italian Government is meeting the danger with compulsory inoculation of the Army and Navy. Here in Great Britain we are taking the most stringent precautions at all sea-ports. But the greatest and most important precautions against cholera were taken by our fathers, and the great sanitary engineers who devised and carried out our water-works and safeguarded our town water-supplies. All the most terrible cholera epidemics have been traced to infection and re-infection of drinking water by the infiltration of sewage; it was seen that the disease in some mysterious way followed the course of rivers, but the significance of the fact was not recognised. In Hamburg, in August, 1892, the death-rate rose in one week to 1,000 per day, and it was found that the tide was bringing the sewage back up the Elbe, past the water-intakes for the town reservoirs, where the filtering arrangements were notoriously imperfect. In neighbouring Altona, where the river water was filtered through sand beds, there were very few cases of cholera. The police in Potsdam and Berlin are now issuing orders that all drinking water must be boiled, for the rivers Oder and Spree are both contaminated.

### Where We are Wasting Our Money.

"What sort of imports are we *not* to buy?" asks an inquirer, anxious to spend with a view to national economy. "So much of our food comes from overseas that we seem obliged to pay for imports." There is an answer from the Board of Trade returns. The quarterly appendix published this month informs us that this year's imports from the United States have reached the sum of £124,000,000. The details form an exhaustive list of what "not to buy." "If this enormous import from America took the form of munitions and necessities of life," says a writer in *The Economist*, "it would not be alarming . . . . but *we are buying enormous quantities of wasteful, useless articles.*" Here are some instances—cinema films, £672,812 (actually five times as much as in 1914!); motor parts, £1,200,671; silks (excluding French), £1,439,967; hosiery, £413,841; and chocolate confectionery, £1,385,162! On these items, which in all cases are purchased from neutral States, we have more than doubled and trebled our expenditure at a time when we have no surplus income, and must spend as little as we can upon ourselves and as much as we can upon national needs. Let us make a note of imports, when shopping, and "go without" wherever we can.

### "The Best Holiday We Ever Had."

This is the report received from one area of Worcestershire where the plums are being picked by a contingent from a boys' school, who camp by the river, and get an early swim before their day's work in the orchards. As fruit pickers they have won almost enthusiastic praise from the growers, who have asked them to come another year. A short distance away a settlement of women university students have spent a month, first picking beans, then helping to get in the harvest, and, lastly, gathering plums. They cannot praise their holiday enough, nor the friendliness of the villagers, who took a personal interest in their success. They worked the regulation hours for the regulation pay. There is plenty of work after harvest for anyone who wants a real health-holiday. A lawyer, well known in the Midland counties, is now hoeing onions instead of climbing the Alps or motoring in France; and a head-master has spent three weeks on hoeing turnips. "I could do with fifty men on this farm," says one grower, whose men have enlisted; and, indeed, the weeding is terribly behindhand. And "one year's seeding means seven years' weeding!" Who will cease worrying about a restricted choice of watering-places and take a holiday working on the land, "the best holiday they ever had?"

### Organisation of Women Workers.

The agenda of the Trade Union Congess, which opens at Bristol on Monday, contains several resolutions dealing with the position of women who are taking men's places during the war. A resolution in the name of the National Union of Clerks expresses anxiety with regard to the entry of large numbers of women into industry without any adequate safeguards against under-payment and unsatisfactory conditions of labour, and demands that "where women are so introduced by the agency of national institutions, and in response to a national appeal, they shall be required, on entry into any trade or industry, to become members of the trade union appropriate to that trade or industry."

### Equal Pay for Equal Work.

The same demand is made by the National Federation of Women Workers, with the addition "that those unions which exclude women be urged to admit women as members." It is also urged by the Federation that where a woman is doing the same work as a man she should receive the same rate of pay, and that the principle of equal pay for equal work should be rigidly maintained. This principle has in a great number of cases been disregarded, largely owing to want of organisation among the women, who have often no idea of what wages their predecessors have been paid, and are not sufficiently alive to the duty of keeping up the standard. Some girls who are replacing men seem, indeed, to consider it unpatriotic to refuse an inadequate wage, but in their eagerness to help are ready to work long hours for whatever is offered to them. There is need of an educational campaign to bring the seriousness of the wage question home to them, and to show that by accepting a low scale of pay they are not only helping to stereotype sweating conditions for women, but are also damaging the interests of the men who are fighting for their country, who may return to find that a lower scale of pay has been established through women's "war service."

### The Return to Male Labour.

There is evident anxiety, on the part of some trade unions, lest women should obtain a permanent footing in trades only thrown open to them through the needs of the war. The Scientific Instrument Makers' Trade Society has put down a resolution "That this Congress, recognising the dangers that are likely to arise from the wholesale introduction of women emergency war workers in the engineering trades, is of the opinion that, to facilitate the replacement at the close of the war of women by more suitable male labour, and returning of women to industrial pursuits more fitting generally, local committees should be established for each suitable area, which shall include representatives from employers' and workers' organisations in the trade, together with representatives of women's labour organisations."

We are glad of the admission that the women's point of view should be given a hearing in considering this question, and hope that if local committees are formed on these lines they will go into the whole problem of men's and women's labour, and not confine their attention to one or two trades. If certain trades are to be closed to women on the ground of "unsuitability," then certain other trades should be closed to men. Can a man be held as "suitably employed" in shampooing ladies' hair or directing them to the right counter for ribbons or *lingerie*, while a woman is "out of her sphere" in making, for instance, delicate instruments or the finer parts of machinery?

### The Girl Bank Clerk.

A writer in *The Manchester Guardian* gives a very satisfactory account of the work of well-educated girls as junior clerks in banks, where they have shown themselves "excellent in correspondence, indexing, specifications, and analytical work," but does not consider that there is much prospect at present of their employment in the higher branches of bank work, as, according to views of Manchester managers, they "do not foreshadow the efficiency in the involutions of higher-grade banking which should be foreshadowed by the potential woman-manager or even woman-cashier." These views, we imagine, are not unbiassed; they are reminiscent of similar long-exploded arguments in favour of keeping women in subordinate positions, such as that "women are excellent nurses but could never make good doctors." But the writer holds out some comfort for them, for "so long as women-clerks show themselves equal or superior to their predecessors on one side of a banker's work—the lower side though it be, technically—there is no reason why the most conservative manager should not welcome their advent; whereas, if they were to threaten ultimately to contest the higher offices, that manager would have some ground for misgiving."

### A Chance to Show What They Can Do.

Women, however, are not content to be restricted to lower clerical positions only. The Executive Committee of the Women Clerks and Secretaries have passed a resolution protesting strongly against the policy of the Government in restricting the employment of women clerks to the lowest-paid posts, and pointing out that, in view of the number of efficient and experienced women who would enter the Government service if the prospects were sufficiently attractive, it is in the interests of the public that women should be offered a fair share of the higher positions in the Civil Service. No doubt, if the Government would lead the way in giving women a chance to show what they can do, private employers would follow their example.

### The Notification of Births (Extension) Act.

This Act, which extends the Notification of Births Act of 1907, to areas in which it has not been adopted, came into force upon September 1st. The Act provides that notice in writing must be given within thirty-six hours of the birth of a child to the Medical Officer of Health of the district, in addition to the notice required, as before, by the Registrar of Births and Deaths; and further provides that the local authority "may, for the purpose of the care of expectant mothers, nursing mothers, and young children, exercise any powers which a sanitary authority has, under the Public Health Acts, 1875 to 1907, or the Public Health (London) Act, 1891, as the case requires." This notification will enable the committees of schools for mothers, wherever one is established, to find out at once the address of the new baby, to whom a visitor can be sent within a few days of its birth, with an invitation to the mother to come to the school, where advice and help are given.

## First-Hand Experiences.

## II.—HARVEST WORK IN ESSEX.

*We have received the following account of "what harvest work really means," from an experienced woman farmer, who emphasises the need for training before women can be of much use upon the land:—*

A number of untrained women anxious to help have offered their services to farmers. Many are aggrieved that they have not been accepted. I think some account of what harvest work really means would be useful. A woman used to hard work on the land and having some knowledge and experience, can help in many ways, but a quite untrained woman would be useless, however willing. I have myself 157½ acres of corn to harvest this year. I am employing nine men and paying at the rate of 10s. per acre, which means that each man will receive £8 15s. for his work. I have been helping myself in various ways. Yesterday I was on the reaper and binder from 9.30 to one o'clock. The day before I was "leading away" all day; that is, taking the loaded waggons to the stack and bringing the empty ones back into the field. I have also turned peas, set up sheaves, and thrown them out again ready for carting. All this is hard work, though work that I am well used to; but I know that there is a good deal of harvest work that would be beyond my powers.

The first job, on starting harvest, is to cut round the fields ready for the reaper and binder. The men start with their scythes, one behind the other, cut a swath, and tie it up, and throw it on one side out of the way. Sometimes, where the corn is laid and the machine cannot get it, the men have to cut a good deal by hand, and, in the case of barley, it is often necessary to cut a whole field with the scythe. Now, I venture to say it would be almost impossible to find a woman who could do this properly. To use a scythe well needs great practice, and is hard work, even for a strong man.

Then comes the reaper. A woman who is used to horses can drive a binder, although it is not as easy as it looks. The jolts over the water furrows would unseat a careless driver, and the turning of the corners, the working of the levers to raise or lower the knives on going up or down hill, require some experience, and one must see that the three horses are working together, that the harness does not get caught or entangled, and notice that the sheaves are being properly tied. The setting-up of the sheaves that follows is not difficult, but hardish work, especially where there are thistles—bad for the hands. After the corn has stood long enough to get thoroughly hard and dry comes the carting. The cart or waggon goes down the field between two rows of sheaves, two men on the cart load—to arrange the sheaves evenly and securely on the cart—and two more, one each side, to pitch. The loading can be done by a woman.

In Scotland the women often do this work, but it needs considerable skill, because if the load is one-sided or uneven it will fall over. Pitching is very hard work, especially with heavy sheaves of wheat, and I am doubtful if a woman could keep at it for any length of time, if she could manage it at all. Pitching from the waggon on to the stack is even harder when the stack is nearing completion, as it is so high above the cart. Stacking is sometimes done by women in Scotland, but, again, requires skill, as a stack must be well-built to stand. The raking with the horse-rake, after the sheaves have been carried, might be done by a woman who could manage a horse and was a good walker over rough ground. I think it is a great mistake to talk of agricultural work as unskilled labour. A good farm-hand is not only skilled in one kind of work but in many. Besides the actual work of the harvest given above, the men have to understand the mechanism of the reaper and binder, be able to take it partially to pieces for carting from one field to another, and keep it oiled and knives properly sharpened. They have the care of the horses, and must see that none are overworked, and that the harness does not chafe; they must judge what size to build the stacks and get them topped up ready for the thatcher. The same care and knowledge is required for other farming operations, such as ploughing, drilling, draining, and fencing.

I am anxious to see women taking up work on the land, and there is much that they can do, especially in the care of stock, in milking, and dairy work; but they must be properly trained before their work will have any practical value, and an amateur could not do enough to be worth her keep.

K. M. Courtauld.

# Correspondence.

## THE UNION OF DEMOCRATIC CONTROL AND THE N.U.W.S.S.

Madam,—Will you allow me a little space in which to make clear the position of the U.D.C., and incidentally my own, with regard to the circular alluded to by the officers of the N.U. in your issue of August 27th?

All members of the N.U. are, of course, bound by the decisions of the Council, and when there is any doubt about this meaning, we must bow to the interpretation offered by the Executive. I, therefore, as Chairman of a Society in the Union, accept the ruling of the officers in the matter of the circular sent by the U.D.C. to Secretaries of the N.U. Societies. But I don't understand it. I saw the draft letter signed by Mr. Morel, and if I had anticipated that the N.U. officers would take the view they have taken, I would have advised him not to send it, since it was to prove fruitless. I feel I owe him an apology, because I knew more about my late colleagues than he. Yet I never guessed they would take the line they have taken, for the following reason.

On reading Mrs. Fawcett's article in *The Englishwoman* of last June, I concluded that she intended the June Council to rescind the resolution (passed at the February Council) endorsing Mr. Asquith's Dublin speech (for short, we often call it "the Asquith resolution"). To my immense surprise I found later that she did not consider the June Council had rescinded anything. I confess this puzzled me, but if it meant anything, it seemed to me to mean that the N.U. remained committed to the opinions expressed in "the Asquith resolution," although it was precluded from using its own organisation for propaganda. This gave a good opening for bringing to the notice of the Societies the existence of another organisation, which was prepared to work for these very principles, and this is what Mr. Morel's circular did.

It is a very frequent thing for organisations to send circulars to Societies whose Secretaries' names are printed in public lists. The N.U. is constantly receiving such circulars, and Societies frequently let their members hear of them. So long as they do not spend Union money on this I see no objection. The officers write, "Mr. Morel's circular must be regarded as an attempt to use our organisation to further the ends of his organisation;" the reverse is rather the case. It was proposed that the U.D.C. should be used by any members of the N.U. who wished to further one of the ends which the N.U. had adopted. Since the N.U. is still committed to approval of "the Asquith resolution," it was natural to suppose there could be no objection to forming a group within a Society to make propaganda for the principles of that resolution which are in harmony with the principles of the U.D.C. just as the Forward Suffrage Union worked actively within the Liberal Federation for a principle which the remainder of the Federation accepted passively.

The decision of the officers has left me more befogged than ever about the policy of the N.U. In a wild article, reprinted from *The Devon and Exeter Gazette*, and written by a Mrs. Fursdon, who herself sends me the reprint and who describes herself in it as "Hon. Secretary of the National Union of Women's Suffrage Societies," Mrs. Fawcett is acclaimed as a great leader, under whose leadership the N.U. "with the militant societies have laid down their arms and abrogated the policy for which they exist." *The Morning Post* quotes Mrs. Fursdon's farrago of nonsense with approval and rebukes me for "disloyalty" to Mrs. Fawcett. *The Morning Post!* Save us from our friends!

But seriously, I don't understand the policy of the Union. Is it Suffrage only? If so, what Suffrage work is it doing? We used to be supposed to work for the resolutions passed at the Council; now they seem to be divided into those we may and those we may not work for, and nobody knows which are which. It is very confusing.

H. M. Swanwick.

## PEACE PROPAGANDA.

Madam,—The Council Meeting of June last laid it down, in the interests of peace and unity, that in view of the fact that "there is no unanimity in the National Union as to the best means of promoting at this time the cause of international goodwill and future peace," propaganda on controversial questions should be avoided, "individual members being free to work through other organisations in any way they think fit."

As the mover of this resolution, I have been amazed and shocked to receive a reprint from a newspaper of one of the most bitter, unbridled, and unjustifiable attacks imaginable on a body—the Union of Democratic Control—to which many members of our N.U. belong, a reprint bearing at its head the name of "Mrs. F. R. M. Fursdon, Honiton, Hon. Secretary of the National Union of Women's Suffrage Societies." (The descriptive title is erroneous, but is the more offensive on that account.)

The style of the article may be gauged by a few of its epithets and statements: "Mischievous anti-British, pro-German, priest-fed propaganda"; "this destructive anarchical society"; "the activities of the U.D.C. are directed against the very foundations of our Empire"; "men and women who do not think for themselves"; "the insignificant minority who cherish the idea of an early, easy, cowardly peace"; "all these people are friends of Germany, and wish to prevent the humiliation of the dear Huns," and so on.

We are all, alas! aware of the existence of this sort of ferocious fanaticism, which has given birth to the "Anti-German Union" referred to by the writer—an apparent attempt to crystallise and perpetuate, by a formal pledge, feelings of enmity and hatred which most Christian people, if they are at times assailed by them, strive to vanquish as speedily and silently as may be. Even Herr Lissauer, author of the German Hymn of Hate, has publicly deprecated the dissemination of sentiments which he acknowledged were the expression of a passing phase of passion. Passion of this sort, whether exhibited by German or English, is not a qualification for fair judgment or criticism of others, and those who know anything of the members of the U.D.C., its aims, its speakers, and its pamphlets, collectively, will be able to disregard the grotesque and distorted presentment of them by Mrs. Fursdon.

We may strongly disagree with some of the views of some of its members; we may even regard its proposals as ill-advised or inopportune. Where is the party or society in which there is identity of opinion on each point of practical politics? But in the prevailing world-welter of horror and destruction, can we contribute no better help than to attack and vilify earnest thinkers who attempt to suggest some possible lines of settlement?

The spirit in which this article on "Peace Propaganda" is written is alien, indeed, to that which succeeded last June in steering our Union unwrecked through the storm which threatened it: that it should even seem to be put forth under the ægis of the greatest organisation for Women's Suffrage is unbearable, especially when the name and utterances of our President are dragged in as if in support of an attitude which we know would be absolutely foreign to her nature.

Our Union decided that it could not associate itself with other bodies pursuing certain definite lines of peace propaganda: it certainly did not adopt or sanction an attitude of anger and enmity towards any fellow workers who are striving to bring nearer the day for which we are enduring, hoping, and praying. Individuals who cherish such feelings must speak or write for themselves alone, not as officials of our Union.

Catherine C. Osler.

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Madam,—I have received a document forwarded by Mrs. Fursdon to the Secretaries of the N.U. and to members of its committees. Mrs. Fursdon's composition would be a discreditable performance in any case, but if she had chosen to practice her vituperation only in the public press, as a Suffragist I should not have troubled to express my opinion on the matter. As we decided at the last council, any individual member of the Union is at liberty to take any line, however foolish, on what we may call the pacifist question. But the Union also decided that the topic was not one upon which, as a Union, it could hold any views; and to use the position of hon. secretaries to a National Union Society to forward a spy hunting campaign is as much at variance with the spirit which animated the last council as is Mr. Morel's attempt to make use of our organisation—as much at variance, and in far worse taste. Oliver Strachey.

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## WOMEN AND EARLY CLOSING IN VICTORIA.

Madam,—The State Parliament of Victoria has just passed a law, which now comes into force, to curtail until the end of the war the hours during which intoxicating drinks may be sold. Previously the hours were from 6 a.m. to 11.30 p.m.; now they are from 9 a.m. to 9.30 p.m. The law applies to public-houses, cafés, and clubs—in fact, to all places which have a licence to sell liquor. At the same time, the provisions against Sunday trading have been made more effective, and illegal Sunday trading in intoxicating drinks will probably be almost stamped out. It is admitted on all sides, even by those who have financial interests in the liquor trade, that, whatever form permanent legislation may take after the war, Victoria will never go back to the old state of affairs, under which the public-houses were open till almost midnight. The change in public sentiment is largely due to the attitude that has been taken up by all bodies of women. Now that women are of their own free will giving up sons and husbands to defend the freedom of Australia, it is felt that they have a peculiar right to legislation which embodies their views on this question—one which so deeply affects the home.

Gertrude L. Spencer.

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## BRITISH *v.* ENGLISH.

Madam,—In reading The Common Cause, the universal organ of the N.U.W.S.S., one cannot help remarking on the frequency of the misuse of the word English for British, the word England for Britain. Surely nothing could impress the world more emphatically of the united aims and workings of this vast body of women in Great Britain and Ireland, than the correct use of English, Scottish, Irish, and British. "The women of 'England' are sharing the effort and burden of the war." "The 'English' Suffragists suspended their demands at the outbreak of the hostilities," &c., and so on, page after page, number after number, the words England and English are misapplied until the reader becomes confused. In the above instances, Britain and British were intended, as allusion was made to the entire Union. Lucy H Soutar.

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The Englishwoman (Evans Bros., Sardinia House, Kingsway) contains this month a very interesting article on the practical value of the National Registration of Women, showing how, besides adding to the production of munitions, it will enable our export trade to be maintained, and thus help to finance the war. An article on the Register of University Women (undertaken by the Federation of University Women) shows how the reserves of women fit to fill the places of young professional men have been overlooked, and points out that they "constitute an emergency corps of peculiar value," whose existence ought to be recognised by employers of professional labour; while in "Misapplied Industry" it is pointed out that even in this crisis the labour of our people is being largely used for the production of worthless trash.

Mr. William Dyack maintains that in harvesting there are a number of jobs that can be done by women familiar with rural work, and points out that in Scotland women are earning very good wages at harvest work—as much as 24s. a week, with victuals—while Mr. O. E. Rawson deals with fruit farming as work for women.

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## WOMEN AND WORK.

**A MEETING of the WOMEN'S SERVICE ORGANIZATION will be held in the KINGSWAY HALL, on TUESDAY, SEPT. 14th, at 8 p.m.** ***Speakers:—***

***The Right Hon. THE EARL OF DERBY,***
***Mrs. PARKER*** (Earl Kitchener's Sister), ***Miss LENA ASHWELL, BEN TILLETT, and others.***

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**The N.U.W.S.S. is an association of over 52,000 men and women who have banded themselves together, under the leadership of Mrs. Henry Fawcett, for the purpose of obtaining the Parliamentary vote for women on the same terms as it is or may be granted to men. At this great national crisis, however, they have for the time suspended their ordinary political activities, in order to put themselves and their Union at the service of those who are organising the relief of distress caused by the war.**

## Emptying the Money-Box.

Every day not less than £2,000,000 is paid away by the Government to contractors, in wages, in pay to soldiers, in separation allowances to soldiers' wives, in endless ways. This huge stream of gold flows out daily into British pockets. If those who receive it save it and lend it once again to the Government, all is well. But every man or woman who squanders his or her surplus upon himself or herself, is doing as much harm to the country as the man who runs away from battle. This is the gist of an article in *The Round Table* for September, which every reader of The Common Cause ought to study and take to heart.

Taken broadly and largely, we in Great Britain are drawing out of the State money-box to spend more on our homes and ourselves. Money circulates; hundreds of thousands of women have, as a soldier's wife said only yesterday, "all the wages to spend and no husband to keep." The drain of war is emptying the State money-box over and over again, and perhaps one-third of the whole nation is straining its utmost resources to refill the money-box, because that third realises the grim crisis that lies ahead and what is at stake.

As for the rest of us, the Board of Trade returns are like searchlights thrown upon our doings and misdoings. We are spending more and more upon ourselves and our comforts, while our very existence as a nation is endangered; while we know perfectly well that only with frugality and even parsimony shall we win through the difficult times that must follow, even if the war does not leave us all drained of our resources. The Board of Trade tells us that last June we were not only paying higher prices, we were actually buying larger quantities of imports. We were spending more in June this year of war on our daily food than in June, 1914, in prosperity and peace. Some of the figures are startling. The increase in our tea imports for the one month amounted to nearly 3,000 tons. We bought 1,600 tons of pepper, 22,000 tons of oranges, 700,000 bushels of onions, 28,000 tons of rice, and 3,000 tons of cheese, *over and above* our month's supply for the corresponding month of last year. Our meat bill for June, 1915, was £3,500,000 higher than that of June, 1914!

Much of the increased expenditure (apart from the rise in prices) is, of course, due to Army requirements, and the shifting of the male population of the British Commonwealth to Europe. A rise of £900,000 in the British tobacco bill for July (as compared with last July) is partly due to the same cause. But we cannot afford to shrug our shoulders and dispose comfortably of the question by saying that war is war, and armies must be fed.

Big wages are being paid to men and women wage-earners. Big spendings on many forms of self-indulgence have followed. Showy clothing, more expensive food, more outlay on drink and pleasure, are some of the signs of a prosperity which is a prelude to hard times. We hear of munition workers chartering taxi-cabs for the day, and making excursions into the country, drinking at public-houses. All these forms of extravagance empty the national money-box, and increase the needless expenditure per head, just as we are called upon to return to simpler ways of living.

We have been repeatedly told that if we would only bring down our consumption of tea per head to the standard of 1903, there would be a big national saving. In one large school, for instance, it was found, on inquiry this spring, that the custom had grown up in the servants' hall of tea-drinking six times in the day. Tea on rising, tea in the middle of the morning and afternoon, and tea with every meal. This standard of consumption might have been still maintained, to the injury of the health of all concerned, but for the rise of 8d. in the tea-tax; then the household controller promptly cut the allowance down to "twice a day." In the national housekeeping we have been doing much the same thing on a big scale. We spend nearly 40 per cent. more on tea than we did in 1903. In the ten years of peace before the war we almost doubled our bill for cocoa and chocolate. In 1903 we smoked 82,000,000 pounds of tobacco. Rather a heavy figure! But in 1913 we imported 162,000,000 pounds, nearly twice the quantity. So much for sweets and cigarettes! Do we want sumptuary laws and a controller of the national household to cut us down to the old standards, and so lighten the public burden and improve our health? Here, we hope, the controllers of the household will step in and do a great, a priceless national service. And some of the wisest teachers of national economy will be found among the readers of THE COMMON CAUSE. Every Suffragist has learned self-discipline in a school which has taught us how to save and husband private resources for a cause which is the "common cause of humanity." To stint self and spend for the general good is no new idea to the stalwarts that fill our ranks. Who should be better teachers of thrift, now, in this crisis of our nation's need, than the women who have denied themselves luxuries, pleasures, recreations, summer holidays, pretty clothes, and books; who have given up careers and advancement, to work for the enfranchisement of women, so that women might better serve the nation. We all know these women among us. No citizens could be better qualified for this greatest work. They have taught and are teaching us by their life-long example. Now, our path is clear to us, we must follow them. We must learn, practice, and *teach* self-denial and thrift for the sake of a greater national and spiritual need yet—for our very existence as a nation; for the great federation of free republics which we know as the British Empire, and for the ideals which they uphold.

## Food and Efficiency.

"No, we are *not* a vegetarian society," Mr. Hecht, of the National Food Reform Association, St. Stephen's House, Westminster, told an inquirer the other day. "Our object is to *widen*, not to narrow, the choice of foodstuffs of the community. We adhere to no special dietetic creed, just as we have no personal axe to grind. Our aim throughout has been entirely philanthropic."

"How did we come into existence? Indirectly, through the Report of the Inter-Departmental Committee on Physical Deterioration, which, some ten years ago, you will remember, aroused grave concern as to the future of the race A national awakening to the urgency of diet and health reform generally followed.

"That the use of improper or insufficient food is one of the chief causes of physical degeneration, and, next to bad housing, the most potent source of drunkenness, was emphasised by the above Committee, and has been recognised by our Association from the first. We are supported by all the highest medical authorities: Sir Lauder Brunton, Dr. Robert Hutchinson, Professor Sims Woodhead, to mention only one or two, and well-known social reformers, such as Mr. Seebohm Rowntree and Mrs. Sidney Webb. We seek, by every possible means, lectures, meetings, cookery demonstrations, classes, and the publication of cheap and useful recipes, to teach the nutritive value of foods and their best methods of preparation. Two of our booklets, 'Hints towards Diet Reform,' and 'Economical Dishes for Workers,' are in such request amongst heads of households, social workers, and wage-earners, especially since the outbreak of war, that three editions of each, making some 50,000 in all, have already been called for.

"The energies of the Association early became focussed on the reform of diet in schools, colleges, hospitals, and institutions generally. In 1910 a large and influential conference of hospital matrons was held at Caxton Hall, Westminster, to discuss the feeding of nurses, and many reforms in this direction have since been effected. Monotony is gradually being conquered by increased forethought, and the introduction of alternative dishes. The quality and service of the food provided is receiving more attention, and the hurry and rush which formerly characterised nurses' meals are no longer permitted.

"Encouraged by this success, we next called public attention to the diet of school life in relation to the growing child. A big educational conference, in 1912, on Diet and Hygiene in Public Secondary and Private Schools, Preparatory and Advanced, Boarding and Day, was the result. It was held at the Guildhall, London, the Lord Mayor presiding, and over 250 schools were represented. Interesting features were the exhibition of diet sheets, from some of the leading public schools, such as Haileybury, and Christ's Hospital, and 'Tuck Shop' and 'Grub Box' regulations.

"We found that the chief defects alleged against school diet were monotony, stodginess, bad cooking and service, lack of vegetables and fruit (hence the introduction of the tuck-shop and grub-box, with their accompanying digestive evils, too often sowing the seeds of adult ill-health), insufficient time for meals, and bad kitchen arrangements. The absence of any recognised *standard* of school dietary was felt to be at the bottom of most of these shortcomings, coupled with incompetent housekeeping."

"What has been the effect of the conference upon the schools?" Mr. Hecht handed across a bulky volume, "Our Children's Health at Home and at School," edited by himself. "This is not a book that lies idle upon the shelf," he said. "Every up-to-date headmaster and headmistress in the country keeps a copy at hand for reference, while a number have become members of the Association. Parents study it before selecting schools, and consult the representative school committee. So do heads of schools and houses wishful to effect reforms and economies."

"Is not the feeding of the children of the wage-earners just as important as those of the middle and upper classes?"

"Every bit. Indeed, we held a small conference on this subject in the year of our birth—1908. But I am coming to that. It was recognised that the primary schools must be dealt with separately. So we called a second conference the next year, 1913, again at the Guildhall, which was attended by leading school medical officers and teachers of cookery and hygiene, representative of educational authorities, the National Union of Teachers, philanthropic institutions, and social workers. This conference ranged over an enormous area, and touched upon many subjects, including the life and diet of primary scholars and their parents, the teaching of cookery, open-air schools, Poor Law institutions, diet of town and country, experiments in feeding and cookery teaching at home and abroad. This second book," and Mr. Hecht indicated a volume even larger than its predecessor, entitled, "Rearing an Imperial Race," "is the outcome of these efforts. This also is having a wide sale and influence, not only here but in America. It is interesting to note that her Majesty the Queen, on hearing of the conference, intimated her desire to receive this book. She has also accepted many other of our publications, and has expressed great interest in the work done by Miss Petty, with the approval of the Central Committee on Women's Employment and the Queen's Work for Women Fund."

"What are we doing during the war? Well, naturally, with the constant rise in food prices, our primary object is to help housewives to secure economy with undiminished, nay, far greater, efficiency. Our lecturers and demonstrators, led by 'The Pudding Lady,' as Miss Petty is called, show how cheap and nourishing meals may be provided at 1½d. per head. We are also issuing an entirely new series of food booklets, 'Facts for Patriots,' and these, like the little books of recipes, are selling in their thousands.

"We shall work still harder after the war is over. The pinch will be felt by all classes for some considerable time, and we shall have to increase, not diminish, our efforts in the future. So shall we justify our existence, and, incidentally, fulfil the unconscious prophecy uttered by Sir Lauder Brunton, when the Association was first started: 'I certainly think,' he wrote, 'It is a movement in the right direction, and if harder times come upon this country, then food reform will tend to increase the power of the country to bear them.'"

D. M. FORD.

# Notes from Headquarters.

**The National Union of Women's Suffrage Societies.**
*President:* Mrs Henry Fawcett, LL.D.

*Hon. Secretaries:*
Miss Evelyn Atkinson.
Miss Edith Palliser (Literature).
Mrs. Oliver Strachey (Parliamentary).

*Hon. Treasurer:*
Mrs. Auerbach.
*Secretary:*
Miss Geraldine Cooke.

*Offices:* Parliament Chambers, 14, Great Smith Street, Westminster, London, S.W.
Telegraphic Address—Voiceless, London. Telephone—4673 Vic. & 4674 Vic.

## LOST LETTERS ADDRESSED TO THE N.U.

In view of the fact that several letters containing Cheques and Postal Orders have lately failed to reach us, we shall be glad if any contributors who have not received an acknowledgment will communicate at once with the Hon. Treasurer, at 14, Great Smith Street, S.W. In order to ensure safe delivery all letters containing money should be registered, and all cheques and postal orders should be crossed.

## Active Service Fund.

| | £ | s. | d. |
|---|---|---|---|
| Already acknowledged | 7,052 | 12 | 4 |
| Miss M. Domaille ... | 1 | 0 | 0 |
| Miss Mary A. E. Milton ... | | 5 | 0 |
| Miss Margaret A. Temperley... | 1 | 0 | 0 |
| South Midland Federation ... | 2 | 2 | 0 |
| Mrs. M. T. Marriage ... ... | 1 | 0 | 0 |
| Mrs. George Cadbury ... ... | 2 | 2 | 0 |
| Miss A. Margery New ... ... | | 10 | 0 |
| Mrs. Binns Smith ... ... | 2 | 2 | 0 |
| Gt. Yarmouth W.S.S. ... ... | | 10 | 0 |
| Mrs. Ada J. Harding (2nd donation) ... ... ... ... | 5 | 0 | 0 |
| Horsham W.S.S. ... ... ... | | 10 | 0 |
| Ascot W.S.S. ... ... ... | 5 | 0 | 0 |
| Miss I. M. Evans (12th monthly) | | 2 | 6 |
| Glasgow W.S.S.:— | | | |
| Miss M. S. Ker ... ... ... | 2 | 2 | 0 |
| Mr. R. Stevenson ... ... | | 5 | 0 |
| Received for Professional Women's Patriotic Service Fund:— | | | |
| Mr. Frank E. Marshall ... | 5 | 0 | 0 |
| Miss Amy R. Robinson ... | | 5 | 0 |
| Mrs. Fawcett ... ... ... | 10 | 0 | 0 |
| Miss Elizabeth Lock ... ... | | 10 | 0 |
| | £7,091 | 17 | 10 |

## DONATIONS TO N.U.W.S.S. SCOTTISH WOMEN'S HOSPITAL.

| | £ | s. | d. |
|---|---|---|---|
| Brought forward ... ... | 58,117 | 1 | 8½ |
| *Miss Jean B. Montgomery (Screens for Kraguievatz) ... | 4 | 0 | 0 |
| John L. Doig, Esq. ... ... | | 5 | 0 |
| The Misses Paton, per Miss Paton ... ... ... ... | 1 | 0 | 0 |
| Miss Henderson (Royaumont) | 5 | 0 | 0 |
| Miss Hunter ... ... ... | | 10 | 0 |
| *Per Mrs. W. Fraser, Mr. Fraser, Capetown ... ... | | 12 | 0 |
| Mrs. Gordon ... ... ... | 5 | 0 | 0 |
| Mrs. Harold G. Judd, per Messrs. John Mann & Sons | 2 | 2 | 0 |
| Mrs. Davidson ... ... ... | 1 | 0 | 0 |
| P. M. Hume Brown, M.A., LL.D. ... ... ... ... | 5 | 5 | 0 |
| Anon. ... ... ... ... ... | 1 | 0 | 0 |
| Miss Jessie Dick (Serbia) ... | 1 | 1 | 0 |
| Messrs. Geo. Martin & Co. ... | 8 | 1 | 3 |
| Mrs. W. G. McNab ... ... | | 10 | 0 |
| Joseph Morris, Esq. ... ... | 2 | 10 | 0 |
| *Miss Agnes C. Haig, profits on sale of "Teddy Bear Poems" ... ... ... ... | | 12 | 6 |
| *Collected per Miss J. C. C. Macdonald and Miss Hawley, completing "Roxburghe Hotel and Charlotte Square" Bed for first six months (Total now £27 3s. 6d.) ... | 4 | 2 | 0 |
| *Mrs. St. John Bullen, per Miss F. A. Solly, Hon. Treas., Bristol W.S.S., for "Bristol" Bed (Serbia) (Total £38 2s.)... | 2 | 2 | 0 |
| Proceeds of Dance at Mallaig, for Serbian Funds, per D. Mackenzie, Esq. ... ... | 1 | 15 | 0 |
| Anon. ... ... ... ... | 1 | 0 | 0 |
| Mrs. F. Acland ... ... ... | | 10 | 0 |
| Miss McGuffie ... ... ... | | 10 | 0 |
| Misses McLaren, per Miss Lillie McLaren ... ... ... | | 5 | 0 |
| Miss D. G. Hoare... ... ... | | 10 | 0 |
| "J. K. G." (Serbia) ... ... | 5 | 0 | 0 |
| Miss G. L. Deschamps ... ... | | 5 | 0 |
| Profits from Tennis Tournament, per Miss Mollie Whyte and Miss Nellie Gray ... | 1 | 5 | 6 |
| Mrs. M. Annandale ... ... | | 5 | 0 |
| Proceeds of Concert held in Nethy Bridge Hotel, per Miss Jenny J. Miller (Serbia) ... ... ... ... | 9 | 9 | 0 |
| *Sir R. Rowand Anderson ... | 5 | 0 | 0 |
| *Collected by Miss Nisbet, for "Princes Street" Bed, per Mrs. Gunn:—J. Kerr, Esq. (5s.), A. E. (5s.), C. Clark, Esq. (5s.), J. H. C. (1s.), A. J. Doverfield (2s.), Miss Sutherland (2s.), J. D. (5s.), Mr. Anderson (2s.), B. Bell (1s.), Royal Hotel Co. (5s.), Vato Ru (2s. 6d.), A. Ritchie & Sons (2s. 6d.), J. S. Farquharson (10s.), W. A. Wyse, Esq. (10s.), J. Cruikshank & Co. (2s. 6d.), Scott Bros. (2s. 6d.), The New Stevenson's (10s. 6d.), R. Taylor, Esq. (10s.), D. A. Ramsay, Esq. (1s.), Mr. McKenzie (2s.), Mr. Tensfeldt (2s. 6d.), A Friend (5s.), McCrae Ltd. (£1 1s.), A Friend (£1 1s.), A Friend (5s.), MacNiven & Wallace (10s. 6d.), A. J. (5s.), R. Grant & Son (£1 1s.), T. C. I. (2s.), A Friend (2s. 6d.), N. M. (2s. 6d.), T. T. McCrow (5s.), Lieut. McCrow (2s.), J. Maconochie (6d.), A Friend (2s.), George A. Dizar (2s.), Mr. Gordon Douglas (£1 1s.), Taylor's (Furniture Shop) (£1 1s.), Charles Jenner & Co. (£10 10s.), Robt. Maule & Son (£5 5s.), Romanes & Son (£2 2s.), E. Pass & Son (£1 1s.), Russ & Winkler (£1 1s.), R. & W. Forsyth (£2 2s.), Methven Simpson Ltd. (£2 2s.), John Ford & Son (£1 1s.), Wm. Jamieson & Sons (£1 1s.), Thomas Lugton & Son (£1 1s.), H. C. Balldon (£1 1s.), W. Rooke, Esq. (£1 1s.), A. Burr Murdoch, Esq., W.S. (£1 1s.), Henry Darling & Co. (£5), John Dickson & Son (£1 1s.), Messrs. Rentons (£2 2s.), John Wight & Co., Employees (£8 8s.), Mrs. John Wight (£5), Andrew Melrose & Co. (£2 2s.), Gerrard Bros. (£1 1s.), Stuart & Co. (£1 1s.), Jas. Ritchie & Son (£2 2s.), The New Picture House (£1 1s.), Jas. Allan & Son (£1 1s.), East Coast Railway (£2 13s.), Collected in Princes Street (£2 2s. 0½d.), Collected by box at Jenner's (£5 7s. 1d.) (Previously acknowledged, £77 13s. 1d., making total of £82 8s. 1½d.) | 4 | 15 | 0½ |
| From two Glasgow Members W.S.S. for "Vive la France" Bed (France) ... ... ... | 25 | 0 | 0 |
| Mrs. McNaught ... ... ... | 1 | 0 | 0 |
| Per Miss Andrew, Hon. Sec., Stockport W.S.S.—W. Morley Finch, Esq. (2s. 6d.), Collected by Miss Hardon (10s.) (Serbia) ... ... ... ... | | 12 | 6 |
| *Per Surrey, Sussex, and Hants Fed., per Miss O'Shea, Hon. Sec. and Treas., for Tent at Troyes:—Collected by Miss S. Clarke in Hampshire (£6 1s. 6d.), Brighton and Hove Society (£6 15s.), Fleet Soc. (£2 2s. 6d.), Horley Soc. (£3), Eastbourne (£50), Portsmouth (£3 3s.), Newhaven (£2), Shanklin (£8 12s.), Newport (£18 0s. 7d.), Oxted and Newport (£12 17s. 7d.), Andover (£8 10s. 6d.), Guildford (£16 10s. 5d.), Aldershot (£6 15s.), Hastings and St. Leonards (£6 4s. 9d.), New Forest (£22 16s.), Countess of Selborne (10s.), Miss M. Crossley (£1 1s.), Mrs. Bishop (£2), Mrs. Anson (£2), Mrs. Frances Sterling (2s. 6d.) (£179 2s. 4d.), Collected by Surrey, Sussex, and Hants Fed. for Beds in Tent at Troyes:—"Brighton and Hove" Bed (£25), Dorking and District (£25), "Worthing" (£25), Central "Sussex" (£25), "Hastings and St. Leonards" (£31) (Total £131) To complete Tents at Troyes and name Beds ... ... | 310 | 2 | 4 |
| Miss Isabella S. Looser (Serbia) ... ... ... ... | 1 | 0 | 0 |
| *Per Mrs. Dymond, Hon. Treas., West Midland Fed., to name "Droitwich" Bed (Serbia)—Proceeds of Flag Day at Droitwich, per Miss Hall ... ... ... ... | 28 | 7 | 0 |
| Collected by Miss C. L. Gair, per A. McGilliwie, Esq., to name "Christina and Louisa" Bed (Royaumont)... | 52 | 5 | 10 |
| Miss Margaret P. Smith ... | 2 | 2 | 0 |
| Collected by Whithorn Branch, Stranraer and Rhinns of Galloway W.S.S. ... ... | 1 | 0 | 0 |
| *Miss E. M. Congdon ... ... | 1 | 0 | 0 |
| *A Friend, per Miss E. Simson | 3 | 3 | 3 |
| *Charles R. Hoare, Esq., per Miss D. G. Hoare (Serbia) ... | 3 | 0 | 0 |
| *Per Miss Bury:—Proceeds of Flag Days in the North, Helmsdale (£5 8s. 6d.), Kellas (£1), Craigellachie (£2), Roseisle (12s. 3d.) (omitted from former List) | 9 | 0 | 9 |
| Total ... ... ... ... | £58,722 | 3 | 4 |

* Denotes additional donation.

*Erratum.*—In list of subscriptions from the Scottish Serbian Flag Day Committee, from Flag Days in Scotland, as published in the "C.C." of August 23rd, for "Kilmallie" read "Kilmacolm," £141 1s.

The Hon. Treasurer begs once more to thank all friends who have helped and are helping, and will gratefully receive further contributions to carry on the work. Cheques should be sent either to the Hon. Secretary, Dr. Elsie Inglis, 2, St. Andrew Square, Edinburgh, or to Mrs. Laurie, Hon. Treasurer, Red House, Greenock, and crossed "Royal Bank of Scotland."

### Further List of Beds Named.

| *Name of Bed.* | *Donor.* |
|---|---|
| "Vive la France" (France) ... ... | From two Glasgow Members. |
| "Surrey, Sussex, and Hants Fed." Tent (Troyes) ... ... ... ... | Per Miss O'Shea, Hon. Treas., The Cottage, Cosham, Hants. |
| "Brighton and Hove" (Troyes) Beds... | Per Sussex, Surrey, and Hants Fed. |
| "Dorking and District (Troyes) Beds... | Per Sussex, Surrey, and Hants Fed. |
| "Worthing" (Troyes) Beds ... ... | Per Sussex, Surrey, and Hants Fed. |
| "Central Sussex" (Troyes) Beds ... | Per Sussex, Surrey, and Hants Fed. |
| "Hastings and St. Leonards" Beds ... | Per Sussex, Surrey, and Hants Fed. |
| "Banbury" (named in List for August 12th, but not earmarked) (Serbia) ... | Oxon., Berks., and Bucks. Fed., Banbury Branch, per Mrs. Penrose, Hon. Sec., 32, West Bar, Banbury ... ... |
| "Droitwich" (Serbia) ... ... ... | Proceeds of Flag Day, Droitwich, per Miss Hall; Per Mrs. Dymond, Hon. Treas., West Midland Fed., Hampton Grange, Hereford. |
| "Christina and Louisa" (Royaumont) | Collected by Miss C. L. Gair, Craigentaggart, Dunkeld, per A. McGilliwie, Esq., Agent Union Bank of Scotland. |

## THRIFT NOTES.—IV.

Eggs will be scarce and very dear in the coming winter, and to-day I am giving some simple recipes for cakes and puddings with no eggs, or only one. The prudent will have preserved eggs earlier in the year, when they were cheaper than they are likely to be for some time. It may still, however, be worth doing this for those who can buy eggs from country sources at 1s. 6d. or 1s. 9d. the dozen, especially where there are young children or invalids to be provided for. Even at such prices they are not a dear food compared with many kinds of meat and fish, as they contain so much nourishment. If they are preserved in crocks with water-glass, they are excellent for every purpose but boiling and poaching. They are better than ordinary cooking eggs, which will be at least the same price this winter, and if absolutely fresh when preserved, better than the fresh eggs bought in towns. Water-glass can be bought at any grocers, and is very easy to prepare; directions are given with each tin. Eggs may still be bought for 1s. 3d. or less in the country.

My first recipe, Newark Pudding, was described by the cook who gave me the recipe as a "deceitful" pudding. "It is not a grand pudding, and yet people think it is," she said.

*Newark Pudding, with one egg.*—3 oz. bread crumbs stale, 2 oz. sugar, 1½ oz. butter, 2 tablespoons plum, or raspberry, or apricot jam, 1 egg, ¼ teaspoonful of carbonate of soda, 1 tablespoon of milk if necessary. Put butter on to melt, beat up egg, put crumbs, sugar, and 2 tablespoons of apricot jam into basin. When butter melts add it to bread crumbs, sugar, and jam, also add egg, carbonate of soda, and a squeeze of lemon juice and pinch of salt. Butter a basin or plain mould, pour pudding in, cover with a greased paper, and steam gently for one hour. (Water in pot for steaming only to cover half-way up.) When ready, ease from edge of mould and turn out. Pour round jam sauce. The same pudding may be made with marmalade instead of jam, flavoured with a little ginger, with a golden syrup sauce.

*Lunch Loaf, without any egg.*—This is a favourite cake in the schoolroom. ½ lb. flour, 2 oz. butter or fat, ½ lb. raisins, 3 oz. sugar, spice, or lemon peel, 1 teaspoon carbonate of soda dissolved in a little milk. Mix and add more milk if required. Bake carefully.

Mrs. Owen Powell.

## What Some of Our Societies are Doing.

### The Summer School at Cambridge.

The Summer School at Cambridge, organised by the Oxon, Berks., and Bucks. Federation, has been very well attended, in spite of the general preoccupation with the war. Lectures by Dr. Holland Rose, Dr. Seton Watson, the Hon. Bertrand Russell, Mrs. Hamilton, Miss Melian Stawell, and Miss Dora Mason, dealt with the international situation and various problems which will have to be considered in any settlement, and aroused great interest; while suggestions as to useful lines of reading formed an invaluable stimulus and guidance to future work, very helpful for those who are organising Study Circles. A speakers' class was held by Mrs. Rackham, whose criticism and advice were felt to be invaluable, and Miss Mason's lectures on organisation and committee work covered the ground with the greatest fulness and care. The thanks of students are also due to those who organised the visits to different colleges, which formed so pleasant a feature of the Summer School.

### Manchester and District Federation.

CHINLEY.—£25 has been collected for a Chinley and Chaple-en-le-Frith Bed for the N.U.W.S.S. Scottish Women's Hospital. A jumble sale, arranged by Mrs. Preston, and supported by a working party which renovated old garments, yielded £15. Total amount raised, £40. It is hoped to raise a further £10 before December next.

BOLTON.—A successful American tea was given by Mrs. F. Taylor, and £27 realised. Working parties have met regularly at the Suffrage Shop, and day shirts, night shirts, pyjamas, pillows, blankets, &c., have been forwarded to the hospital. Many donations have been sent direct to the hospital by individual members.

ASHTON-UNDER-LYNE.—A donation of £27 14s. 6d. has been sent to the Scottish Hospital Fund, and a large parcel of shirts, socks, and bedroom slippers has been forwarded.

FARNWORTH.—A donation of £5 has been given by this Society.

HYDE.—A working party has been organised, and its members are busy with shirts and socks. About £5 has been collected for the hospital.

MARPLE has raised £50 on behalf of the Scottish Hospital.

WHALEY BRIDGE announces that a good collection is being made for a Cheshire Bed, the total not stated.

STOCKPORT.—Miss Andrew, the Hon. Sec., is making delightful boxes of sweets, the profit to be given to the hospital. Donations have been sent direct from many members.

### Kentish Federation.

THE ROCHESTER SOCIETY is running a Club for the wives of Service men.

At TUNBRIDGE WELLS members are actively helping the various branches of war work being carried on. The "Comrades'" Club for girls and soldiers, the Red Cross, V.A.D. Hospitals, the Soldiers' Laundry, organised by the N.U.W.W. with its regular band of voluntary menders, all draw appreciated support from the Suffrage Society. A little exhibition of "made dishes" was held at the office on August 23rd, for which, after they had been "well and truly" tasted, and Miss Mosely had made a few remarks on food values, Madame Grand distributed prizes. The dishes were then sold by auction. An interesting competition had previously taken place of war-time economical recipes for dishes made without meat or fish. These had been judged by a professional cookery teacher, Miss Burgess, and prizes for them were given at the same time. Some of the competitors were drawn from the Club for the wives of Service men. Members and Friends of Women's Suffrage alike contributed to what was felt to be a helpful and encouraging experiment. The thanks of the Society are accorded to Mrs. White, who originated the scheme and carried it through by her unwearied efforts.

## FORTHCOMING MEETINGS.

**Paddington**—8, Hatherley Grove, Westbourne Grove (by kind permission of Messrs. William Owen, Ltd.)—Working Party for London Units of the N.U.W.S.S. Scottish Women's Hospitals Every day, 11 a.m. to 4 p.m.

**Blackheath Sewing Party** for Scottish Women's Hospital—Tuesday, 2 to 6, at 8, Shooter's Hill Road—Hostess, Mrs. Monk.

**South Kensington**—Belgian Hostel, 1, Argyll Road—Working Party for London Units of the N.U.W.S.S. Scottish Women's Hospitals Every Tuesday and Friday, 3 to 5.30 p.m.

**Huddersfield**—Sewing Meetings will be held at the Office, 41, Spring Street, every Tuesday afternoon, from 2.30 p.m.

**Glasgow.**—Drawing-room Meeting—Hostess, Miss Millar, Fernhill, Rutherglen—Chair, Rev. George H. Morrison, M.A., D.D., Wellington Church—Speaker, Miss Emily Foggo, on "Scottish Women's Hospitals," N.U.W.S.S.—September 6th, at 3.30 p.m.

**Worcester.**—Tuesday, September 14—Lantern Lecture, at the Co-operative Hall at 8.30—Chairman, The Mayoress—Lecturer, Miss Thurston, on her personal experiences in Red Cross Work in Belgium and Russia.

THE FRUIT AND VEGETABLE PRODUCERS' AND DISTRIBUTORS' JOINT COMMITTEE, 41 and 42, King Street, Covent Garden, W.C., has issued some useful little leaflets pointing out the advantages of the use of home-grown produce, and giving various ways in which fruit and vegetables can be used. "A well-washed, dried, and nicely served salad," the Committee points out, "with the addition of grated cheese or cream cheese, or hard boiled eggs and good brown bread and butter, makes a satisfying meal at small cost." Vegetable marrows are delicious "stuffed with brown bread crumbs and either grated cheese, grated nuts, well-cooked lentils, or meat, using grated onion and sage, or fresh parsley, or fresh mushrooms or tomatoes for flavouring."

MANY WAYS OF COOKING BANANAS (Elders & Fyffes, Ltd., London, W.C., 3d.), gives a number of recipes for appetising dishes, both sweet and savoury, made with bananas. Some of these, such as "banana trifle," can be made without cooking the fruit. Though its use has greatly increased of late years, the nutritive value of the banana is not yet fully appreciated in this country.


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